

Ibtihaj Muhammad, an Olympic fencer, pays a visit to Bradford during Kindness Week at the school

Ibtihaj Muhammad, an Olympic fencing medalist, stopped by Bradford School on January 10 to read her most recent picture book, "The Kindest Red: A Story of Hijab and Friendship," as part of the institution's Kindness Week. Olympic fans can buy [Olympic Fencing Tickets](#) on our website.

According to a press statement from the Montclair school system, Muhammad, who grew up in Maplewood, also displayed a film with images from her Olympic experience and early years. Muhammad took home a bronze medal in the women's saber competition at the 2016 Summer Olympics in Rio de Janeiro.



She reflected on her Olympic experience by saying, "I fought so hard to make that happen. "I get chills watching that video."

According to a press release, Muhammad's fourth book, which she co-wrote with S.K. Ali and which Hatem Aly illustrated, is "an examination of friendship, faith, and the delight of sharing kindness wherever you go."

In the novel, Faizah's teacher invites her students to picture the kind of environment they would like to live in, prompting Faizah and her friends to

spend the day lending a hand to one another. She critically praised New York Times bestseller "The Proudest Blue" which serves as the basis for the book.

Muhammad, who was named one of Time magazine's most influential people in 2016, is the first American Muslim woman to compete at the Olympics while donning a hijab.

She claimed that she has the chance to share her experiences as an author.

"I didn't see people in novels while I was growing up that looked like me with a hijab," the woman remarked. I want to be sure that children can see that.

According to Principal Frances Aboushi in the press release, Muhammad's lecture was related to Bradford's Kindness Week, in which the school community focused on promoting acts of kindness.



Muhammad said to the Bradford children, "Kindness is something we all have inside and may give to others. "It might be as simple as a smile or as significant as tying someone else's shoes. Every day, both kids and adults may practice kindness.

Muhammad claimed that she no longer fences and that her new interest is storytelling. I've always enjoyed writing, but I've also always loved athletics, she remarked.

Despina, a fencer Greece's Georgiadou Wins Gold at the Tunis Grand Prix.

At the Women's Grand Prix of the International Fencing Federation (FFI), which took place in Tunis over the weekend, fencer Despina Georgiadou took home the gold medal for Greece. The Greek champion defeated Spanish Lucia Martin-Portugues in the championship match 15-12, maintaining her chances of making it to the Olympic Games in Paris in 2024.

After winning gold, Georgiadou posted on Instagram, "What a day to remember with so many lovely, happy, and strong sensations." Thank you so much to everyone who supported me on this day and helped us achieve this triumph! They all [had] a significant role in assisting me all the way through.

Fencing competitor Despina Georgiadou has won two medals in a row.

This was the Greek fencer's second medal in a row at an FFI grand Prix following her bronze in Orleans in December 2022. 140 men and 141 women competed in the 2023 Tunis Men's and Women's Sabre Grand Prix, which was held at the Sports Hall of Radis.

Georgiadou defeated Lucia Martin-Portugues of Spain in the women's saber match, winning 15-12. In the semifinal match, Martin-Portugues defeated four-time world champion Olga Kharlan of Ukraine 15-14, while Georgiadou defeated Misaki Emura of Japan 15-10.

Despina Georgiadou (GRE), Lucia Martin-Portugues (ESP), Olga Kharlan (UKR), Misaki Emura (JPN), Manon Apithy-Brunet (FRA), Sara Balzer (FRA), Araceli Navarro (ESP), and Anna Marton finished first, second, third, and fourth, respectively, in the women's saber competition (HUN).

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In 2003, Despina Georgiadou started fencing. Recently, she was questioned about why she chose this particular activity. Olympic fans can buy [**Paris Olympic Tickets**](#) on our website.



She said, "I first learned about fencing through the modern pentathlon in 2003. "I had tried a lot of sports before fencing, but what intrigued me to it was that it is a physically and intellectually challenging discipline. My everyday training became much more exciting and I felt complete thanks to this combination.

She was forced to withdraw from the 2021 World Cup competition in Budapest, Hungary, where she had been hoping to qualify for the 2020 Olympic Games after testing positive for COVID-19 in March 2021.

She had a high heart rate and respiratory problems as a result of the illness, and she lost two months of training as a result.

She admitted, "I stayed in Hungary for a whole month since I had to stay in the quarantine hotel for another week after I was freed." "Things were probably considerably worse when I returned to training, and I was scared I might never be able to come back again."

She claimed, "I had tachycardia [an elevated heart rate] and difficulties breathing." "My physicians had prescribed a month of no physical exercise. For myself and my loved ones, who stood at my side in any way they could, everything was quite frightening.

Meet the athletes who are promoting Islam and improving the perception of Muslim women.

Last year, Ons Jabeur of Tunisia made history by being the first Arab athlete to advance to a Grand Slam final. At Wimbledon and the US Open, Jabeur made back-to-back Slam final appearances. But more importantly, Jabeur is a leader among many accomplished Muslim athletes who are dominating in their particular sport in an Islamic setting.

Jabeur, a recipient of the 2019 Arab Woman of the Year Award, has worked relentlessly to promote Islam and Muslim women via athletics.

But she is not acting alone in this.

Several fiercely driven female athletes, such as the American-Pakistani weightlifter Kulsoom Abdullah, the Olympic fencer Ibtihaj Muhammad, the beach volleyball champions Doaa Elghobashy and Aya Medany from Egypt, and the pent athlete Kulsoom Abdullah, have made it their mission to use sports to empower women and girls, regardless of their beliefs, morals, or attire.



The four athletes who make a difference are listed below.

Ons Jabeur

The outspoken Tunisian who has advanced steadily in the ranks of women. Jabeur was also allowed to play with the great Serena Williams in the women's doubles at a WTA event in Eastbound during that ground-breaking year, which saw her become the first North African, Arab, and Tunisian woman to reach a Grand Slam final.

There are other highly motivated female athletes, like as

When asked about the difficulties she had to overcome to get to where she is now, Jabeur told the media at the US Open: "I feel like you should always have difficulties to be stronger, to be here one day, and face the finest tennis players in the world. Women from the Middle East and the Arab world in particular.

Kulsoom Abdullah

Abdullah, a weightlifter who is Pakistani-American, competed at the 2011 World Championships and became the first female weightlifter to represent Pakistan at a global competition. The same year, she participated in the American Open Weightlifting Championship while donning a hijab (a head scarf) and covering her arms and legs, making even more history.

Abdullah would advocate for Muslim female athletes. She once stated: "I only started having objectives when I started competing and started developing." in a blog post printed by Elegant Times. I never gave Hijab much thought.

People will always have something negative to say about you, so just do it. Regardless of whether I am a Hijabi, a Muslim woman, or even just a lady who dresses like a normal person, if I were going to hesitate, I never would have entered a gym for weightlifting.

Doaa Elghobashy

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